

STEAMED CHICKEN SPRING ROLLS

By Kimberli Washington, Public Information Office



Ingredients:

- 2 cooked chicken breasts, diced
- 1 cup shredded carrots
- 1 cup shredded cabbage
- 2 cloves garlic minced
- 2 tablespoons scallions finely chopped
- 2 tablespoons minced ginger
- 3 ounces cellophane noodles
- 2 teaspoons sesame oil
- 2 tablespoon reduced-sodium soy sauce
- 12 spring roll wrappers

Directions:

- Soak cellophane noodles in hot water for about 10 minutes or until tender.
- Heat sesame oil in skillet over medium-high heat. Add garlic and ginger, cook about 1 minute before adding chicken, carrots, cabbage and soy sauce.
- Cook until veggies are tender and turn off heat. Stir in noodles and scallions, tossing ingredients together evenly.
- On a flat surface, prepare each spring roll wrapper with equal amounts of chicken mixture. Roll from bottom and tuck in sides while rolling upward. Moisten your finger tips to seal roll.
- Steam rolls for about 5 minutes or until wrappers are translucent.
- Serve with favorite dipping sauce and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.